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Abstract

A spirometer for determining a metabolic rate for an individual includes a flow pathway and a flow sensor disposed in the flow path, such that the flow sensor senses a flow rate of exhaled gas from the individual through the flow path. The spirometer also includes a processor having a memory in communication with the flow sensor. A method of metabolic rate measurement for the individual includes the steps of measuring an exhaled gas volume for the individual using the spirometer, determining a respired gas volume for the individual using the exhaled gas volume and a ventilatory equivalent, and determining a metabolic rate for the individual from the respired volume.